

Nutritional Information (Quantity (Approx.) Per 100g)	Cheese N Herbs Sticks	Cheese N Herbs Rounds	Cheese N Herbs Twisties	Cheese N Herbs Sticks
Energy (kcal)	498	519.4	502.4	
Protein (g)	6.5	5	6.2	
Carbohydrate (g)	67	64	67.0	
- Sugar (g)	2	3	2.2	
- Dietary Fibre (g)	2.5	1.5	1.9	
Fat (g)	23	27.1	23.3	
- Saturated Fatty Acids(g)	10	12.3	10.6	
- Mono Unsaturated Fatty Acids (g)	10	3.0	2.6	
- Poly Unsaturated Fatty Acids (g)	3	11.8	10.1	
- Trans Fatty Acid (g)	0.1	0.0	0.0	
Cholesterol (mg)	0	0.0	0.0	
Sodium (g)	0.8	0.8	0.5	